

What is Claimed is:

1. A method of treating a human patient for bipolar disorder, comprising administering an omega-3 fatty acid to said patient at a dosage sufficient to reduce or eliminate the symptoms of said disorder.
2. The method of claim 1, wherein said omega-3 fatty acid is administered at a dose of between about 1 and about 30 grams per day.
3. The method of claim 1, wherein said omega-3 fatty acid is in a substantially pure form.
4. The method of claim 1, wherein said omega-3 fatty acid is eicosapentanoic acid.
5. The method of claim 4, wherein said eicosapentanoic acid is administered at a dose of between about 2 and about 10 grams per day.
6. The method of claim 1, wherein said omega-3 fatty acid is docosahexanoic acid.
7. The method of claim 6, wherein said docosahexanoic acid is administered at a dose of between about 1 and about 5 grams per day.
8. The method of claim 1, further comprising administering a source of lithium to said patient at a dose sufficient to reduce or eliminate the symptoms of said disorder.
9. The method of claim 1, further comprising administering a source of choline to said patient at a dose effective at reducing or eliminating the symptoms of said disorder.
10. An omega-3 phosphatidylcholine useful in the treatment of bipolar disorder consisting of glycerol, wherein:

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- a) the α and β carbons of said glycerol are both esterified to a fatty acid, at least one of which is an omega-3 fatty acid; and
 - b) the γ carbon of said glycerol is esterified to phosphocholine.
11. The omega-3 phosphatidylcholine of claim 10, wherein both the α and β carbons of said glycerol are esterified to an omega-3 fatty acid.
12. The omega-3 phosphatidylcholines of either claim 10 or 11, wherein eicosapentanoic acid is esterified to either the α or β carbon of said glycerol.
13. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein docosahexanoic acid is esterified to either the α or β carbon of said glycerol.
14. The omega-3 phosphatidylcholine of claim 10, wherein eicosapentanoic acid is esterified to the α carbon of said glycerol and docosahexanoic acid is esterified to the β carbon of said glycerol.
15. The omega-3 phosphatidylcholine of claim 10, wherein docosahexanoic acid is esterified to the α carbon of said glycerol and eicosapentanoic acid is esterified to the β carbon of said omega-3 phosphatidylcholines.
16. A pharmaceutical composition comprising the omega-3 phosphatidylcholine of claim 10, wherein one or more unit doses of said composition provides an amount of said omega-3 phosphatidylcholine sufficient to reduce or eliminate the symptoms of said bipolar disorder.
17. The pharmaceutical composition of claim 16, further comprising a source of lithium.
18. A method of treating bipolar disorder in a human patient, comprising administering the omega-3 phosphatidylcholine of claim 10 to said patient at a dose sufficient to reduce or eliminate the symptoms of said disorder.

19. The method of claim 18, further comprising administering a source of lithium to said patient at a dosage sufficient to reduce or eliminate the symptoms of said disorder.

20. A kit comprising a carrier containing enclosed confinement therein one or more components, wherein:

- a) a first component contains an omega-3 fatty acid; and
- b) a second component contains a therapeutic agent useful in the treatment of bipolar disorder.

21. The kit of claim 20 wherein:

- a) said first component contains an omega-3 fatty acid selected from the group consisting of eicosapentanoic acid and docosahexanoic acid; and
- b) said second component is selected from the group consisting of a source of choline and a source of lithium.

22. A kit comprising a carrier containing in close confinement therein, none or more components wherein:

- a) a first component contains an omega-3 ^{= lecithin} phosphatidyl-choline; and
- b) a second component contains a therapeutic agent useful in the treatment of bipolar disorder.

23. The kit of claim 22, wherein the α carbon of said glycerol is esterified to eicosapentanoic acid and the β carbon of said glycerol is a esterified to docosa-hexanoic acid.

24. The kit of claim 22, wherein the α carbon of said glycerol is esterified to docosahexanoic acid and the β carbon of said glycerol is a esterified to eicosapentanoic acid

25. The kit of any one of claims 22-24, wherein said second component is selected from the group consisting of a source of choline and a source of lithium.

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